

# I Have The Right Stuff!

This book belongs to:

Name\_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip\_\_\_\_\_

Phone \_\_\_\_\_

School \_\_\_\_\_

# I have the Right Stuff!

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## My Goals!

**R**efuse to Use Alcohol, Tobacco, and Other Drugs.

**I**ncrease Your Knowledge.

**G**et into the Game!

**H**ave Fun and Play Hard.

**T**hink About How Your Actions Fit in With Your Goals.

**S**hare Your Talents.

**T**alk to a Friend About Your Problems.

**U**se Your Creativity.

**F**inish What You Start!

**F**ind Friends Who Share Your Feelings About Not Using Alcohol, Tobacco, and Other Drugs.

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## My Goals!

**The Right Stuff**  
**is about being healthy—**  
**physically and mentally.**

## Act On The Right Stuff!

A goal is something that you want to achieve and you do everything that you can to make it happen. You can do anything you want. Just focus your energy and plan ahead! By keeping these things in mind and taking steps toward making them happen, you will reach your goals.

Your goals relate to your values, thoughts, and dreams. A good way to plan for your future is to set short-term goals that you can meet every week. You'll be on your way in no time!

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## My Accomplishments!

THE RIGHT SIFT I HAVE THE RIGHT SIFT

Using your planner is a definite plus-now get your study area at home organized. Stock it with pens, pencils, paper, highlighters, a calculator, and whatever else you might need (but not a phone...you can catch up with friends later!).

Set up a schedule so you get in the habit of completing your homework everyday at the same time, but make sure you give yourself a mental break after school. Have a snack, play outside, or do some pleasure reading. This will help refresh your mind for studying.

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**My Goals!**

**Act On The Right Stuff!**

Take time to teach your family!  
Spend time with them talking about  
your family's culture, rules, and  
values.

**My Accomplishments!**

Ask the adults in your family about  
how life is different today than  
when they were kids!

Spend time learning about how you  
can all stay drug free and about  
great activities you can do together  
by visiting <[www.prevlink.org](http://www.prevlink.org)>  
together!

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**My Goals!**

**A Great Thought!**

We should behave to our friends  
and we would wish our friends to  
behave to us.  
- Aristotle

**My Accomplishments!**

**Act ON The Right Stuff!**

Be a friend.  
Help a student with homework in a  
subject in which you do well.

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## My Goals!

## My Accomplishments!

## Homework Tips

Be sure you understand your homework assignments. Write them down carefully.

Ask your teacher if you have questions.  
Doing these things will make your homework easier.

If you do your homework on a computer, use spell check and print out a copy to read, too.

If you handwrite the homework, write carefully.

Once you are done with your homework, take a short break and then recheck your work. It's easy to catch simple mistakes this way!

Don't forget to put your homework in your book bag after you check it so you don't leave it at home!

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## My Goals!

## My Accomplishments!

## A Great Thought!

What do you want to do?

What do you want to be?

What do you want to have?

Where do you want to go?

Who do you want to go there with?

How do you plan to get there?

Write it down. Go do it. Enjoy it. Share it.

It doesn't get much simpler or better than that.

- Lee Iacocca

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**My Goals!**

**What about other people  
inspires you?**

These are my role models:

**My Accomplishments!**

I admire them because:

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## My Accomplishments!

THE RIGHT SIFT I HAVE THE RIGHT SIFT

- Susan Carlson

What's your anti-drug? Here are some responses others have shared!

football

family

dancing

computers

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## My Accomplishments!

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## Word Scramble

NIPRILAPC

Answer: PRINCIPAL

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## My Accomplishments!

THE RIGHT SIFT I HAVE THE RIGHT SIFT

Sometimes it is hard to say "NO."  
But, if you prepare yourself to  
respond to your friends with  
confidence, things will turn out  
easier.

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## My Accomplishments!

THE RIGHT SUIT I HAVE THE RIGHT SUIT

## Act ON The Right Stuff!

“My parents would kill me if they found out I smoked, and they always find out.”

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## My Goals!

## My Accomplishments!

## Making Good Decisions

Don't let your friends make decisions for you. Make decisions for yourself. You have the power to choose how you act, what you do, and what you think! Always examine the advice you are given. You need to decide what is best for you. If you need help, ask your parents or other trusted adults for advice. To make a good decision:

Decide what the real problem is.

Get information.

Make a list of possible decisions and decide which are good ones and bad ones.

Make a decision.

Act on your decision.

Think about how your decision affected your life (whether it's positive or negative).

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## My Goals!

## My Accomplishments!

## Saying NO!

How will you say no to alcohol? Here are some ideas!

"My parents would kill me if they found out, and they always find out!"

"No, I'm not into that stuff."

"I tried it once, and I hate the taste."

"My parents trust me to not drink, and I don't want to break that trust."

"I tried it once and ended up vomiting on everything!"

"Drinking would make me feel out of control, and I hate that."

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## My Goals!

## My Accomplishments!

## The Truth About Alcohol!

Alcohol affects your brain. Drinking alcohol leads to a loss of coordination, poor judgment, slowed reflexes, distorted vision, memory lapses, and even blackouts.

Alcohol affects your body. Alcohol can damage every organ in your body. It is absorbed directly into your bloodstream and can increase your risk for a variety of life-threatening diseases, including cancer.

Alcohol affects your self-control. Alcohol depresses your central nervous system, lowers your inhibitions, and impairs your judgment. Drinking can lead to risky behaviors.

Alcohol can kill you. Drinking large amounts of alcohol can lead to coma or even death.

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## My Goals!

## My Accomplishments!

## Tobacco Facts

Cigarettes are highly addictive. One-third of young people who are just "experimenting" end up being addicted by the time they are 20.

Most smokers are treated like second-class citizens by the rest of society.

Cigarettes are a known killer. why begin a habit that you know can eventually kill you?

Smoking can cause or further increase stress, nervousness, and agitation rather than calm you down.

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## My Goals!

## My Accomplishments!

### How can you tell if a friend has a drinking problem?

Sometimes it's tough to tell. But there are signs you can look for. If your friend has one or more of the following warning signs, he or she may have a problem with alcohol:

Getting drunk on a regular basis; lying about how much alcohol he or she is using; believing that alcohol is necessary to have fun; having frequent hangovers; feeling run-down, depressed, or even suicidal; having "blackouts" -- forgetting what he or she did while drinking; or having problems at school or getting in trouble with the law .

What can you do to help someone who has a drinking problem? Be a real friend. You might even save a life. Encourage your friend to stop or seek professional help.

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## My Goals!

## My Accomplishments!

## Inhalant Facts

Inhalants affect your brain with much greater speed and force than many other substances. They can cause irreversible physical and mental damage before you know what's happened.

Inhalants can cause sudden death. Inhalant users die by suffocation, choking on their vomit, or having a heart attack.

## INHALANTS KILL

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## My Goals!

## My Accomplishments!

## Marijuana Facts

### MARIJUANA USE IS ILLEGAL

Marijuana can mess you up. Your performance in school, sports and other activities will suffer if you're high.

Marijuana affects memory, judgment and perception. The drug can make you mess up in school, in sports or clubs, or with your friends. If you're high on marijuana, you are more likely to make stupid mistakes that could embarrass or even hurt you.

Athletes could find their performance is off; timing, movements, and coordination are all affected by marijuana.

### MARIJUANA USE IS ILLEGAL

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## My Accomplishments!

THE RIGHT STUFF I HAVE THE RIGHT STUFF

They're interested in your well-being, not in something that you might give them or do for them.

They're interested in your success and are happy for you when things go well.

They don't expect you to be perfect.

They let you think things through on your own when you want to and respect your privacy.

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## My Goals!

## A Great Thought!

There is no possession more  
valuable than a good and faithful  
friend.  
-Socrates

## My Accomplishments!

## Act On The Right Stuff!

Call a friend!  
Invite a friend over!  
Listen to music!  
Go for a walk!  
Surf the Internet!  
Play a video game!  
Have a sleepover!

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**My Goals!**

**A Great Thought!**

It's your love your friends need--  
never expensive gifts or  
extravagant surprises.  
- Marion Garrety

**My Accomplishments!**

**Act ON The Right Stuff!**

- Have a picnic!
- Go bowling!
- Bake cookies!
- Watch a movie!
- Go to the museum!
- Go for a hike!

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## My Goals!

## A Great Thought!

Friends are the family you have chosen.

## Word Scramble

We've Got The Right Stuff To Be..."  
What?

GRUD EFER

Check out <[www.prevlink.org/therightstuff](http://www.prevlink.org/therightstuff)> for help with the answer!

Answer: DRUG FREE

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**My Goals!**

**A Great Thought!**

If you make friends with yourself,  
you will never be alone.  
- Mawell Maltz

**My Accomplishments!**

**Act ON The Right Stuff!**

- Love yourself.
- Acquire more knowledge.
- Think positively.
- Appreciate your strengths.
- Be true to yourself.
- Be good to yourself.
- Be confident in your abilities.

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## My Goals!

## Act ON The Right Stuff!

Believe in yourself. You can't compare yourself to others.

Always remember:

Expect a lot of yourself.

Everyone has strengths and limitations.

Everybody needs help sometimes.

Express yourself: your ideas and feelings matter.

Enjoy the good times, learn from the difficult ones, and get help when you need it.

## My Accomplishments!

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## My Goals!

## My Accomplishments!

## Act ON The Right Stuff!

A large part of knowing how to express yourself involves knowing how to be firm when it's time to express your feelings. This means being assertive.

Being assertive means:

You have the right to be heard.

Your thoughts, opinions, and feelings are important.

Saying what you feel without hurting other people's feelings.

Being firm, direct, and honest about your thoughts and opinions.

Using your best judgment in determining when and how to say what's on your mind.

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**My Goals!**

**My Accomplishments!**

**A Great Thought!**

Listening to your heart is not simple. Finding out what you are is not simple. It takes a lot of hard work and courage to get to know who you are and what you want.  
- Sue Bender

**Act ON The Right Stuff!**

Write down your leadership strengths. Find ways to put these skills into practice.

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## My Goals!

## A Great Thought!

How wonderful it is that nobody  
need wait a single moment before  
starting to improve the world  
- Anne Frank

## My Accomplishments!

## Act ON The Right Stuff!

If it's hard for you to manage your  
anger in a positive way, practice  
doing the following to help you  
calm down:

walk - write in your journal  
exercise - draw - listen to music  
read - talk to people you like

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## My Accomplishments!

THE RIGHT STUFF I HAVE THE RIGHT STUFF

They thought so because their heart beat faster when they were scared or excited. Now we know that emotions come from the brain. So what's the heart up to then?

<[www.kidshealth.org/kid/body/heart\\_noSW.html](http://www.kidshealth.org/kid/body/heart_noSW.html)>

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## My Goals!

## My Accomplishments!

## Did You Know?

Most people know that milk is a good source of calcium, but did you know that you can get calcium from lots of other foods too?

- Beans ·Bread
- Broccoli ·Burrito
- Cocoa ·Fortified Juice
- Hot Cereal ·Ice Cream
- Lasagna ·Macaroni & Cheese
- Milk ·Milkshake
- Nachos ·Pizza ·Pudding
- Waffle ·Yogurt

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## My Accomplishments!

THE RIGHT SIFT I HAVE THE RIGHT SIFT

Be assured that there are no good or bad foods, only good and bad eating patterns. Make sure yours are healthful!

Find a physical activity you like and make it a regular part of your life. Take a walk, swim, or ride your bike. Each day, young people are encouraged to do about 30 to 60 minutes of moderate activity.

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## My Accomplishments!

THE RIGHT STUFF I HAVE THE RIGHT STUFF

Take good risks, talk to someone you don't know, pick up a new CD, or even give sky diving a try, but always remember that this mind and body are the only ones you have!

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## My Accomplishments!

THE RIGHT STUFF I HAVE THE RIGHT STUFF

- Anonymous

Music can inspire, educate, and stimulate the mind. Many of today's artists address youth issues in positive ways. Think about your favorite songs. What positive messages do they contain?

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**My Goals!**

**A Great Thought!**

Good friends always make us feel like winners, even when we've just lost.  
- William Arthur Ward

**My Accomplishments!**

**Word Scramble**

This organization, established in 1945 to ensure peace worldwide, now has 189 member countries.

TEDUNI STANION

Answer: UNITED NATIONS

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## My Accomplishments!

THE RIGHT SIFT I HAVE THE RIGHT SIFT

Explore your talents and creativity!  
Learn a new dance, play an instrument, learn to paint, take pictures, sing songs, or try a new craft. Find something you enjoy doing and make it a regular part of your routine.

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## My Goals!

## A Great Thought!

Life's most persistent and urgent question is: What are you doing for others?

- Martin Luther King Jr.

## My Accomplishments!

## Did You Know?

Alaska, which became the 49th State in 1959, has a native population of Eskimo, Indian, and Aleut peoples. To learn more about Alaska and it's people, go to <[www.nationalgeographic.com/greatland](http://www.nationalgeographic.com/greatland)>.

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## My Accomplishments!

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## Act ON The Right Stuff!

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**My Goals!**

**My Accomplishments!**

**Did You Know?**

Yoga was developed in 2500 B.C. by the Indian scholar Pantanjali as a pathway for fulfillment and personal development. To learn more interesting facts about Asian culture, visit <[www.abcflash.com/apa/didyouknow.html](http://www.abcflash.com/apa/didyouknow.html)>.

**Word Scramble**

The study of stars and planets is called:

STROMYONA

Answer: ASTRONOMY

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## My Goals!

## A Great Thought!

When we give it our all, we can live with ourselves regardless of the results.

- William Wordsworth

## My Accomplishments!

## Act ON The Right Stuff!

Show you have The Right Stuff by volunteering for a worthy cause such as collecting food and clothes for less fortunate people.

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## My Accomplishments!

THE RIGHT SIFT I HAVE THE RIGHT SIFT

Through your family customs you can learn more about where you came from-- about your roots and ancestors. It's important to learn about your culture and to feel proud of belonging to it. It's what makes you unique.

Learn about your past by asking your family about your great-grandparents or your grandparents. Find out where they were born, where they lived over the years, and what is special about where they grew up.

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## My Goals!

## My Accomplishments!

## How's your tolerance level?

Tolerance levels of society have dramatically changed over time. Here's how:

1964- Congress passes the Civil Rights Act, prohibiting discrimination based on race, color, religion, sex, and national origin.

1971- Broadcast advertising for cigarettes is banned.

1990- The Americans with Disabilities Act (ADA) is signed into law.

2000- Approximately 80 percent of public schools have a zero-tolerance policy on alcohol and drugs, calling for mandatory expulsion for infractions.

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**My Goals!**

**My Accomplishments!**

**Did You Know?**

America has truly become a melting pot of different cultures.

In the 1860 Census, there were three different race categories. In the 2000 Census, there were 63 possible combinations of race categories.

To learn more about it, go to [www.census.gov/pubinfo/www/aminhot1.html](http://www.census.gov/pubinfo/www/aminhot1.html)

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## My Accomplishments!

THE RIGHT STUFF I HAVE THE RIGHT STUFF

- Margaret Mead

Go fishing!  
Play football!  
Go camping!  
Play basketball!  
Go swimming!  
Play baseball!  
Go rollerskating!  
Play miniature golf!

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## My Goals!

## Did You Know?

Thurgood Marshall

He was the first African-American Associate Justice of the U.S. Supreme Court. He fought for equality for women and people of all races. He also won Brown v. The Board of Education, the famous court case ending school segregation.

To learn more about this civil rights leader, go to <[www.worldbook.com/fun/ajourney/html/bh140.html](http://www.worldbook.com/fun/ajourney/html/bh140.html)>.

## My Accomplishments!

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## **My Goals!**

## **A Great Thought!**

If you think you are too small to be effective, you have never been in bed with a mosquito.

- Betty Reese

## **My Accomplishments!**

## **Did You Know?**

Sandra Day O'Connor was the first woman appointed to the U.S. Supreme Court. Find out about her life and career at

[www.greatwomen.org/ocnnor.htm](http://www.greatwomen.org/ocnnor.htm)

I HAVE THE RIGHT STUFF I HAVE THE RIGHT STUFF I HAVE THE RIGHT STUFF I HAVE

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<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Teacher Note:</b>  <b>Parent Signature:</b>



## My Goals!

## My Accomplishments!

## Did You Know?

In 1903, Marie Curie became the first woman to win a Nobel Prize. She and her husband won for discovering two radioactive elements. They shared this award with Professor Henri Becquerel, who won for his discovery for spontaneous radioactivity. Madame Curie won a second Nobel Prize in Chemistry in 1911 for her continued research into radiation. To learn more about Marie Curie, go to [www.aip.org/history/curie](http://www.aip.org/history/curie).

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## My Goals!

## A Great Thought!

I am where I am because I believe in  
all possibilities.  
- Whoopi Goldberg

## My Accomplishments!

## Word Scramble

This is the national folk dance of  
the Dominican Republic and is the  
easiest Latin dance to learn.

GEUNEREM

Answer: MERENGUE

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- Leo Buscaglia

Julia Roberts was the first woman actor to earn the same top dollar as men have earned - \$20 million per film.

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My Goals!

My Accomplishments!

THE RIGHT STUFF I HAVE THE RIGHT STUFF

You are worth it!

You are a good friend!

You are trusted to make good decisions!

You can be anything you want.

You are valuable.

You can reach your goals.

You have The Right Stuff to be drug free!

Be true to yourself.

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## My Goals!

## My Accomplishments!

## Homework Resources

Ask Dr. Math  
<http://forum.swarthmore.edu/dr.math/drmath.middle.html>

B.J. Pinchbeck's Homework Helper  
<http://school.discovery.com/homeworkhelp/bjpinchbeck>

Discovery Channel's Science Fair Central  
<http://school.discovery.com/sciencefaircentral>

HomeworkCentral  
<http://www.homeworkcentral.com>

Merriam-Webster's Word Central  
<http://www.wordcentral.com>

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